







COMMUNITY LEISURE

Fort Stewart MEDDAC changes leadership



Incoming Winn hospital commander Col. Ronald Place passes the MEDCOM flag to incoming hospital Command Sgt. Maj. William Carver during the change of command and responsibility ceremony at Fort Stewart's Marne Garden, July

Renee Reese

Fort Stewart Public Affairs

July 7 marked a transition in leadership for Winn Army Community Hospital with a change of command and responsibility ceremony at Fort Stewart's Marne Garden. The pomp and circumstance of the event was picture perfect for outgoing hospital commander, Col. Paul R. Cordts and incoming commander, Col. Ronald J. Place.

The ceremony included honors to the reviewing officer and the nation adding splendor to the occasion while symbolizing the lineage and honor of the U.S. Army Medical Command unit.

As part of the ceremony, red roses were given to Mrs. Patricia Cordts and Mrs. Mary Wrighton, spouses of Col. Cordts and outgoing hospital Command Sgt. Maj. Wrighton respectively. In addition, a single rose was given to 6-year-old Lillyann, granddaughter of Col. Cordts.

Under his leadership, Col. Cordts improved productivity and access to patient care while achieving a 90 percent overall satisfaction with patient visits and managing a 136 million dollar budget according to Southeast MEDDAC and Brooke Army Medical Center Commander, Maj. Gen. M. Ted Wong.

Marne Families meet Sgt Rocky, FAP-E the Happy Bear

Chester "Beau" Bradley

See MEDDAC -

ACS Mobilization and Deployment

New stars on the horizon entertained Marne Families and children involved in a special television production of Sgt. Rocky's Neighborhood.

The project, spearheaded by Army Community Service, was a unique partnership with Marne Television, Soldiers and Families of 1st and 2nd Brigade Combat Teams, 3rd Infantry Division, and

The show was filmed June 21.

Sergeant Rocky's Neighborhood is a very special production that was initially designed for children to discuss their feelings and concerns that go along with having a parent/Soldier deployed.

The Marne Television production, which logistically was the largest of nine episodes, focused on Sgt. Rocky meeting the new ACS star, FAP-E, the Happy

FAP-E is the ACS Family Advocacy Program mascot who also reaches out to children to communicate effectively on stressors that go along with having a parent as a Soldier.

To date, there have been nine episodes of Sergeant Rocky's Neighborhood on Marne Television and the 3rd Inf.Div. Web site.

This is an extra avenue to use in partnership with FAP-E the Happy Bear and come up with a humorous story for all to enjoy.

See FAMILIES Page 7B



Youths showcase talents at new **Stewart Child Development Center**

Bob Mathews

Family, MWR Marketing

Three youths, who were top finishers in Teen Talent Search contests sponsored by the Boys and Girls Clubs of America, showcased their talents during the June 30 grand opening of Fort Stewart's newest Child Development Center.

The sounds of an alto saxophone played by Nick Johnson, 18, son of Sgt. First Class Stephen Johnson, greeted those who

arrived early for the event at the center, located on Davis Avenue in building 5500.

Isabelle Lopez-Guerrero, 11, who stood just a bit taller than the flag-decorated speaker's stand, sang the National Anthem. Isabelle was the 2011 winner of the Teen Talent Search contest sponsored by the Boys and Girls Clubs of America at the Bryan Village Youth Center. Isabelle is the daughter of 1st Lt. and Mrs. Daniel Lopez-Guerrero.

See TALENTS Page 7B

Bike safety is everyone's business

Elvia Kelly

Fort Stewart Public Affairs

Whether you are a Soldier riding home after physical training, a child riding around the neighborhood, Family Member riding for the day's workout or even a driver on the road, knowledge of bicycle safety is everyone's busi-

According to the IMCOM Safety Gram provided by Fort Stewart's Safety Office, each year more than half a million bicyclists visit the hospital. Injuries can happen anytime and anywhere, including the streets of quiet neighborhoods, where the more serious crashes take place.

Though accidents can take place in neighborhoods, severe accidents can also occur on

According to the 2009 Traffic Safety Facts from the U.S. Department of Transportation's National Highway Traffic Safety Administration, 51,000 bicyclists were injured in traffic, 630 bicyclists died on U.S. roads and 72 percent of bicyclist fatalities were killed during the daytime between the hours of 4 a.m. and 8 p.m., a six percent increase from last

See SAFETY -Page 7B



Hangover 2

Today — 7 p.m.

(Bradley Cooper, Zach Galifianakis) Phil, Stu, and Alan travel to Bangkok for Stu's wedding only to find themselves in another post-blackout misadventure.

Rated R for pervasive language, strong sexual content including graphic nudity, drug use and brief violent images.

Kung Fu Panda 2

Friday — 6 p.m.

Saturday — 3 p.m.

(Jack Black, Angelina Jolie)

Po is now living his dream as The Dragon Warrior, protecting the Valley of Peace alongside his friends and fellow kung fu masters, The Furious Five. But Po's new life of awesomeness is threatened by the emergence of a formidable villain, who plans to use a secret, unstoppable weapon to conquer China and destroy kung fu. He must look to his past and uncover the secrets of his mysterious origins; only then will Po be able to unlock the strength he

needs to succeed.

Rated PG for sequences of martial arts action and mild violence.

Judy Moody and the Not So Bummer Summer

Friday, Saturday — 9 p.m.

Sunday — 3 p.m.

(Jordana Beatty, Heather Graham)

This summer, Judy Moody is planning the most super-duper, double-rare summer vacation ever with best friends Rocky and Amy. Except that it turns out Rocky is going to circus camp to learn to tame lions, Amy is headed off to Borneo with her mom to save a lost tribe and Judy is stuck home with her pesky little brother Stink and second-best friend Frank Pearl. Just when she thinks things are as rotten as they can be, her parents announce that they will be going to California and Judy will have to stay behind with her Aunt Opal, who she's never even met! It looks like Judy's best summer ever has just become her way worst summer ever.

Rated PG for mild rude humor and language.

PRESENTS TODAY THROUGH SUNDAY



Films are subject to availability. AAFES strives to show films according to the published schedule but reserves the right to reschedule, cancel or substitute showings as needed. For more information, call 912-767-3069 or go to www.shopmyexchange.com/ReelTimeTheatres/Movies-FtStewart.htm.

Question: What happens when you leave your home with food cooking on the stove? Duhhh!



Photots by Renee Reese

The Fort Stewart Fire Department reponded to this second home fire within the last month. The fire could have been avoided. Look what can happen in just a matter of minutes! It only takes minutes for a fire to get out of control. Never leave food cooking on the stove unattended and always use caution when cooking or handling hot objects. Remember that fire safety and prevention is everyone's business.





DFMWR Briefs

FMWR's on the Web, Facebook

Visit the Family and Morale, Welfare and Recreation Web site for information about what FMWR has to offer Soldiers and the Families of Soldiers at Fort Stewart and Hunter Army Airfield at www.stewart-mwr.com. Follow us on Facebook at www.facebook.com/FortStewartHunterFMWR.

Celebrate hot dogs at Stewart Lanes

Saturday is National Hot Dog Day, and to celebrate the occasion, Stewart Lanes Bowling Center, building 450, is offering hot dogs any way you like them for just \$2 per dog. Hours are 11:30 a.m. to 10 p.m. For more information, call 912-767-4273.

'The Little Mermaid', 'Snow White' auditions

Auditions for the Missoula Children's Theatre production of "The Little Mermaid" musical will be held from 9 a.m. to 3 p.m., July 18, at School Age Services, building 7338. About 75 youth between the ages of 7 and 18 years old will have an opportunity to learn about and experience drama, public speaking and acting through the Missoula production.

Auditions for the Missoula presentation at Hunter Army Airfield will be held from 9 a.m. to 3 p.m., July 25, at Hunter's building 1289. "Snow White and the Seven Dwarfs" will be performed at Hunter. About 75 youth will be chosen to participate. For more information, call 912-767-6071.

Military Family open house slated

An open house for Military Families will be held from 1 to 4:30 p.m., July 21, at First Presbyterian Christian Academy, 308 East Court St. in Hinesville.

Military Family Members are invited to meet staff, teachers and student ambassadors. Refreshments will be served. For more information, call 912-876-0441 or visit *www.fpcahinesville.com*.

School registration day planned

Liberty County Schools will have a Military Registration Day from 8 a.m. to noon and from 1 to 3 p.m., July 26, at their specific school for Families needing to register students for the 2011-2012 school year.

For registration, Families will need to bring the following: Social Security card; birth certificate; Georgia Certificate of Immunization (Form 3231) Georgia Certificate of Ear, Eye, and Dental Screening (Form 3300); two proofs of residence; proof of enrollment and attendance (report card/school transcript) in an accredited school; and departing school address.

For more information, call the Fort Stewart School Liaison Officer at 912-767-6533.

Back-to-School Fair planned

The Child, Youth and School Services 'Back to School Fair,' featuring information, fashion and prizes, will be held 10 a.m.-2 p.m., July 27, at Club Stewart.

Fair attendees will be able to talk with local school representatives, learn more about Family and youth-related services on Fort Stewart and see the "Back to School Fashion Show."

Students will model school uniforms and youth fashions from the AAFES PX in the fashion show, which begins at 11:30 a.m.

Agencies wishing to participate are asked to contact the School Liaison Office at 912-767-6533.

GC Golf Scramble planned at Stewart

The Garrison Commander's four-Person Golf Scramble at Taylors Creek Golf Course will begin with a shotgun start at 1 p.m., July 29.

The cost is \$35 for active-duty, military retirees, Army Civilians and Golf Club members. Cost is \$45 for civilian guests. The event will accept the first 25 teams. Register your team by July 27.

For details, call 912-767-2370.

Kick off with Marne Youth Football Clinic

A three-day, all position Dog Days of the Marne Youth Football Clinic will be held from 9 a.m. to noon July 28, July 29 and July 30 at the Youth Sports football field. Youth ages 8-17 may take part.

There is no charge, but space is limited, and participants are encouraged to pre-register at Jordan Youth Gym. All participants must be registered with Child, Youth and School Services. For more information, call 912-767-1428.

CYSS Youth sports registration

Registration for tackle football, cheerleading and fall soccer will close, Aug. 15, or when all slots are filled

Registration is open to CYSS members living on or off-post. Register online at *https://webtrac.mwr.army.mil/webtrac/stewartcyms.html* or call Parent Central Services at 912-767-2312, located in building T-0029 (next to post library). For additional information on sports programs, call the Youth Sports Office at 912-767-4371 or 912-767-9342. Volunteers are always welcome and needed to coach.

If interested, call 912-767-4371 or 912-767-9342 or visit Jordan Youth Gym, located at building 608, West 6th Street. All new volunteers are required to submit to a background check.

Signup for Operation Rising Star

Singers from Stewart and Hunter Army Airfield can sign up to compete in Operation Rising Star, the Army's version of "American Idol," at Rocky's Zone. There is no charge.

The competition is sponsored by the Veterans of Foreign Wars and is open to active-duty, National Guard or Reserve from any branch of service, or Family Members who are 18 years of age or older. The sign-up deadline is Aug. 19.

The local Operation Rising Star opens its 2011 competition at Rocky's Zone, Aug. 30. Subsequent rounds will be on Sept. 6 and Sept. 13, with the finals scheduled for Sept. 20.

The first-place winner will receive \$500 and advance to the 2011 finals. Second place will receive \$250 and third place will receive \$100. The Army-wide winner will receive an all expense paid, three-day professional recording studio experience in Los Angeles.

The Spirit Award - \$300 toward the winner's unit funds or Family Readiness Group fund – will be given to the best supportive unit or FRG. Any Unit or FRG may compete for the Spirit Award regardless of contestant participation. Support will be determined each night of the contest by level of applause.

A cumulative score from each night will determine the winner. All local decisions are final. For more information, call 912-767-4316.



CHAPLAIN'S CORNER

Strip your life of selfishness, give others the greatest gift of all

Chap. (Maj.) Peter Uhde Catholic Chaplain

If you want to see my other side, if you want to see me become really angry, just put me near someone of any age who is selfish. Nothing positive comes from self-ishness

There is nothing about the life and example of our role model Jesus that exemplifies selfishness. Theft, not going to church, lying, infidelity, revenge, not to honor your mother and father, not caring for and guiding your children, being cruel to your brothers and sisters and so many more sins all have selfishness as their roots. Often confession can be like a spiritual lawn mower. It might clean away the obvious sinfulness, but the roots of your sins are lying deep within you. You need to look

deep within yourself and look with a serious intent. I am sure that you will find selfishness is at the core of the majority of your sins. Keep in mind that our role model stripped himself naked and then knelt down and washed His friend's feet. But the most important part of this is that He then said we must also do the same. We must also be self-less. He hung on the cross for no other reason than for everyone but Himself.

You do not have to have money to be generous with your possessions. You can give those who need it, your forgiveness, your compassion, your attention, your love, your fraternity: the true things of yourself. That would be exactly what Jesus gave us- all of Himself. When we do this, we give others the greatest gift of all- a chance to live forever with God.



Chapel Schedule

Fort Stewart Catholic Location Time **Sunday Mass Main Post Chapel** 9 a.m. **Protestant Contemporary Worship Marne Chapel** 11 a.m. **Gospel Worship** Main Post Chapel 11 a.m. **Traditional Worship** Marne Chapel 11 a.m. Liturgical Worship Heritage Chapel 10 a.m. **Main Post Chapel** Kids' Church (K-5th Grade) 11 a.m. PWOC (Wednesday) Main Post Chapel 9:30 a.m. **Hunter Army Airfield Catholic Sunday Mass Hunter Chapel** 11 a.m. Weekday Mass (M,W,F) **Hunter Chapel** 11:45 a.m. 9:30 a.m. Catholic CCD **Building 129 Protestant Sunday Service Hunter Chapel** 9 a.m. Kids' Church **Hunter Chapel** 9 a.m. Fellowship Hall

Religious Education Contacts
Fort Stewart Director Religious Education, Mike Iliff,
912-767-9789

Hunter Army Airfied Director Religious Education, Charles Archer, 912-315-5934

Kid's Church at Main Post Chapel

11 a.m. to noon

Bus Pick-up at Marne Chapel 10:50 a.m.

For children grades K-5

For more information contact Mrs. Bolton at 912-767-8801.

All children must be registered prior to attending Kid's Church.

Fort Stewart Chapel Youth Ministry

Fort Stewart Youth Ministry
exists to share "Biblical Truth"
with middle and high school age youth,
to disciple them in the Christian faith,
and to equip them for lives
of Christian service.

For weekly meeting information, go to www.twitter.com/ftstewartyouth or contact
Jimmy Bryan,
Fort Stewart Youth
Ministry Coordinator
at 912-344-6612.



Coastal Happenings

Geek yourself at Liberty County Library

Check out the latest events. For more information, call 912-368-4003.

Chad Crews, Magical Educator, Monday, 10:30 a.m. Chad's program this year, "Around the World with a Book," is a combination of magic, storytelling, music and live animals. Ages 5 and up.

Alladin Performance, Aug. 1, 10 a.m.

The Hampstead Players, a traveling theatre troupe from New Hampshire, will perform this classic tale based on the tales of the Arabian Nights. The play is performed by two professional actors, each playing multiple roles and with help from the audience. The story is about Aladdin, a poor young boy who must go out and earn money for his family's survival. While traveling throughout the country selling his wares, he is fooled by an evil magician, Salabin, who convinces him to find an antique oil lamp. Aladdin rubs the old lamp and releases a genie that can make all his wishes come true. Aladdin must then outsmart the magician and save his family. Throughout the play, children are encouraged to rise above the odds and to follow their dreams. Open to ages 4 and up.

Get your Georgia park passes

Georgia state parks and historic sites are making it easier than ever for patrons to "Get Out. Get Dirty. Get Fit." in the state's great outdoors. Live Oak Public Libraries customers with valid Power Cards can now borrow a Georgia state park "Park Pass and Historic Site Pass." The passes are good for free parking or admission at any of the 63 parks and historic sites statewide.

Girls softball members needed

The Richmond Hill Rage 12U girl's fast pitch softball team is looking for strong, dedicated athletes, who are willing to work hard and have a desire to excel. Our players will learn all aspects of the game, both mentally and physically. Former Armstrong Atlantic State University players Kissy Braswell and Jaclyn Parlo will lead clinics demonstrating hitting, pitching and fielding. All positions are open and will be earned based on hard work, effort, and performance. For more information, contact Zach Fitzgerald at <code>zachf@coastalnow.net</code> and Gary Taylor at <code>Gtaylor@savannahga.gov</code>.

Savannah Theatre offers free admission

Through Aug. 21, active-duty service members can get a free ticket from DFMWR's Leisure Travel offices at Fort Stewart and Hunter, per each military ID, to see one of four productions at The Savannah Theatre in downtown Savannah. Tickets are valued at \$35 each. Productions include: The Savannah Tenors; Southern Nights; Country Star Revue and The Beat Goes On. Young children without military ID can attend with an ID holder. For ticket distribution hours, contact the Leisure Travel Office at Fort Stewart at 912-767-1791 and at Hunter, 912-315-3674. The theatre is located in downtown Savannah, 222 Bull St., at Chippewa Square. For production information, visit: www.savannahtheatre.com

Support Memorial Drive campaign

The Hinesville Downtown Development Authority invites you to leave your lasting imprint on Hinesville by purchasing personalized, engraved clay bricks and granite stones that will be placed in the Memorial Drive traffic circle. Consider purchasing a brick or stone for your business or organization, in honor or memoriam of a Family Member or loved one, your church or school, or as a birthday/graduation gift. For more information, contact the HDDA office at 912-877-4332 or *discover-downtown@coastalnow.net*.

Citizen's Academy planned

Citizens of Hinesville with no criminal record and at least 18 years of age can participate in Citizen's Academy. The next class begins Aug. 2, from 2 to 8 p.m. Topics of discussion include criminal law, criminal investigation, community policing and patrol operations. For more information, call 912-368-8211.

Join the Hinesville neighborhood watch

The Hinesville Police Department is seeking inter-

ested citizens for its Neighborhood Watch program and Citizen's Academy. The next academy class begins in August and applications are being accepted now. Call Officer Williams or Officer Madison at (912) 368-8211 for more information.

Blooming Butterflies exhibit slated

Come explore the world of the butterfly! Visit EdVenture's living exhibit, Blooming Butterflies and explore the world of these fascinating insects in Columbia S.C., Sunday. From 9:30 a.m.-4:30 p.m. at EdVenture Children's Museum, the butterfly exhibit will sweep you off your feet. For more information call 803-779-3100 or e-mail *info@edventure.org*.

Book sale at Hinesville Farmers Market

The Susie Q's will host a used book sale in conjunction with the Hinesville Farmer's Market today in Bradwell Park from 4 – 8 pm. All proceeds benefit local breast cancer patients and research to find a cure.

Relax, munch at Concert in the Park

Enjoy a free lunchtime concert, today while spending your lunch hour in beautiful downtown Hinesville at Bradwell Park featuring Michael Brown. Bring a picnic lunch or purchase from the on-site food vendor or downtown eateries. For more information, call 912 877-4332 or e-mail *discoverdowntown@coastalnow.net*.

Groundbreaking ceremony slated

The grand opening for the Liberty County Department of Family and Children Services Center is Tuesday at 10 am. The new site is located at 112 West Oglethorpe Highway.

Progress through people luncheon planned

Liberty County Chamber of Commerce is sponsoring a progress through people luncheon, noon, July 21 in Hinesville. Tickets are priced \$15-\$20. Please RSVP by Monday by calling 912-368-4445.

Guard, Reserve on-site sale planned

Nearest commissary too far away? No problem. The Guard and Reserve On-Site Sale Program brings the benefit directly to you! Come shop and take advantage of savings that average 30 percent or more on your groceries. National Guard and Reserve members, military retirees, active-duty military service members, and their immediate Family can take advantage of the great commissary savings.

Sale dates are July 21-July 24 at the Chattanooga National Guard Armory in Chattanooga, Tenn. For more information on this on-site sale, contact John Moore at 706-544-3965 or e-mail *john.moore@deca.mil*.

Hinesville City Hall planned move

The scheduled move to the new City Hall building on Martin Luther King Jr. Blvd. is scheduled for July 22. For more information, call 912-876-3564.

Support Long County Fire Department

Come out to a free day to benefit the Long County Fire Department at Horse Creek Stables, July 30. Enjoy a bouncy house, water slide, dunking booth, and pony rides for the kids. Donations at the gate will be given to the Long County Fire Department for all of their hard work with the recent fires. Please bring everyone and enjoy the evening. Concessions will also be sold, so come hungry. Call 912-270-1393 or 912-266-0659 for more info *www.horsecreekridi ngstables.com*.

Hinesville National Night Out planned

Help make your community safer by participating in this program, Aug. 2 at downtown Hinesville's Bradwell Park. This program helps to promote neighborhood spirit and enhances police-community partnerships. For more information, call 912-876-8211.

Richmond Hill National Night Out slated

The entire Family can take back the night at J.F. Gregory Park, 6-9 p.m., Aug. 2. Kids will enjoy free pony rides and games. Free parking and food will be available. You will not want to miss this Family fun event, a time for quality and pure enjoyment. For more information, visit *www.rhpd.org*.

Pembroke National Night Out planned

Make a stand against crime, Aug. 2, 7 - 10 p.m. at the Margate Sports Complex, 1695 Banks Rd. The event is sponsored by the Margate Police, Margate Parks and Recreation Department. For more information, call 912-653-4417.

Brooklet Peanut Fesitval scheduled

Enjoy free food and entertainment at the 22nd annual event in Brooklet, Ga., Aug. 20. The entire Family will enjoy a peanut run, parade, and arts and crafts. For more information, visit *www.brooklet-peanutfestival.com*.

Hinesville City Hall grand opening planned

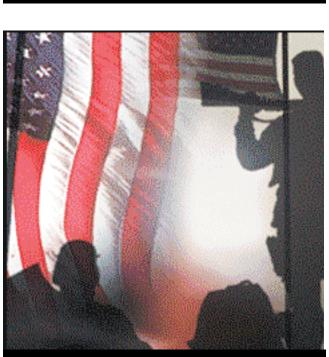
The City of Hinesville will host its City Hall Grand Opening Tour, Aug. 20, from 11 a.m.-1 p.m.

Lowcountry Lt. Dan weekend planned

Well known entertainer and supporter of the troops, Gary Sinise, will honor the service and sacrifice of our severely injured military heroes and their caregivers Sept. 14-16 in Beaufort, S.C. In addition to the concert, the weekend's festivities will include a Family 5k run in historic downtown Beaufort, a bicycle ride with wounded veterans on the Marine Corps Air Station and related workshops. For more information, visit *www.ltdanweekend.com*.



Brooklet Peanut Festival August 20



Lt. Dan Weekend Sept. 14-16



Hinesville Farmer's Market Every Thursday

Downtown Hinesville



MEDDAC

"Army Medicine is committed to maintaining healthy and protected warriors to build a culture of trust throughout the Army with our patients, stakeholders and customers,"

Throughout his remarks, Col. Cordts outlined the successes of his two year appointment that emphasized teamwork and trust.

According to Col. Cordts, cooperation from garrison leadership and the Winn Army team was essential to the establishment of the Richmond Hill medical home, the optimization of the medical management center, inpatient re-organization and the patient care and touch system. He was also instrumental in bringing prevention programs like suicide and substance abuse to the forefront.

"When I think of our ability to move forward I think of trust," Col. Cordts said.

"Our patients who trust that we will be there for them when they need us, for our Winn employees who trust that we will do the right thing regardless of personal risk. To the Army, its Army medicine that you can count on as an organization... We have worked hard to build trust in these three areas and we have made progress where work was needed."

Distinctively different from some Third Infantry Division units, more than 50 percent of Winn's workforce is Army Civilians according to Col. Cordts as apparent in the formation where Civilians took position alongside Soldiers.

"They are integral to our mission to promote, sustain and enhance the overall health of our military Family and our vision to create the Army's healthiest community," said Col. Cordts.

Among many to thank for their tireless

service during his command was his chief advisor Command Sgt. Maj. Wrighton and wife Patricia who is a nurse anesthe-

Shortly after the ceremony, Col. Cordts addressed Winn Army's commitment to addressing command driven issues like suicide prevention.

"We are working hard to marry up risk assessment tools and open up lines of communication between commanders and behavioral health experts to identify risky behaviors of Soldiers," Col. Cordts

Colonel Cordts and his Family leave Fort Stewart to chart new territory at Fort Campbell.

In line with many of the partnerships and initiatives put into place, board certified in general and colorectal surgery, Col. Ronald J. Place takes the reins of Winn Army Community Hospital with the full confidence Maj. Gen. Wong.

- from Page 1B

"I'm extremely impressed by your [Winn Army Family] abilities ...and humbled by the Army's confidence in me to lead this organization in a time like no other in Army medicine and our country's history," Col. Place said. He personally thanked Col. Cordts for showing him the secrets and challenges to his new role. "Your team [MEDDAC] fires on all cylinders."

In addition to bringing a of experience to Winn Army Community Hospital, Col. Place has earned such awards as the Legion of Merit with oak leaf cluster and Bronze Star Medal with oak leaf cluster to name a few.

Colonel Place recently completed a two year command at Ireland Army Community Hospital at Fort Knox.

FAMILIES _____

— from Page 1B

Because FAP-E does not speak, he is always accompanied by multiple FAP program staff members who reflect the different FAP Programs. Eldothia Fields, who in this production portrays Miss E, informs the audience about FAP programs. "I forming. was initially nervous being A special thank you goes on camera but realized this

very special" said Fields. The SGT Rocky meets

was going to be something

FAP- E the Happy Bear episode will air on Marne Television during the end of July and August. The story has some twists along the way as it starts off with SGT Rocky interrupting a special event at Rocky Zone where FAP-E is per-

out to the Soldiers, Families, and children who participated in the film-

TALENTS

Bria Caruthers, 18, daughter of Staff Sgt. and Mrs. James Arrington, sang "America the Beautiful." She was runner-up in the 2011 competition. The 2011 Richmond Hill High School graduate will attend Virginia Technical College this fall.

Nick, Isabelle and Bria said they were honored to perform and to help cut a ribbon to open the new facility.

"When I was singing the National Anthem, I was just so honored that I could do this in front of all these people," Isabelle said. "I thought it was amazing. When I helped to cut the ribbon, I was shocked that I was able to do that. I will cherish this for the rest of my life."

The three performers joined Garrison Commander Col. Kevin Milton; Garrison Command Sgt. Maj. James E. Ervin; Family and Morale, Welfare and Recreation leaders and others in cutting the ribbon.

Nick, who finished third in the Teen Talent Search contest last year, said being chosen to perform was something that he "didn't expect. It

from Page 1B was an honor to play for the people there and I was more inspired to

play well than I was nervous about playing."

A 2011 graduate of Richmond Hill High School, Nick, plans to attend Valdosta State University this fall to study music.

Bria said, "I was definitely honored. I never sang in front of such important people before. I never got to cut a ribbon or do anything really formal like that before, so I was very excited about that. That was kind of cool."

SAFETY-

For bicyclist Spc. Michael Adams, DHHB, 3rd Infantry Division, a main concern is falling off his bicycle.

"There are not a lot of areas designated for bicyclists except for the main road," he said. "So, be aware of drivers because there are more drivers than there are bicyclists. The three-to-four foot distant rule is important because you never know what could happen."

Fort Stewart occupational health and safety specialist Chris McCormick states that a cyclist should ride on streets whose outside lane is so wide that it can easily fit a car and a bike side-by-side.

"That way a car may pass by you and avoid hitting you, even if they didn't see you," he said. "Even if it is legal, GA Highways 144E, 144W and 119N are not a good choice when deciding where to ride your bicycle. There is not enough room for a vehicle to safely pass a cyclist with oncoming traffic. The lack of space and the speeds of the vehicles could be disastrous for the cyclist."

The following are traffic rules for bicyclists on Fort Stewart and Hunter Army Airfield:

- Bicyclists are required to obey all traffic laws in accordance with Georgia Vehicle
- Bicyclists will move with the flow of traffic and not impede the operation of motor vehicles. Bicycles will use a path or sidewalk when present or, when ridden upon the roadway, bicycles will be in single-file.
- A bicycle being operated at night will be equipped with a working headlight, taillight, and reflectors, which are visible to 300 feet.
- Riding double on a bicycle is prohibited with the exception of a tandem built bicycle.
- All personnel riding bicycles, including children riding in child carriers, must wear a properly fastened and approved helmet.

For bicycle safety, follow these tips:

• Before using your bike, make sure it is

ready. Always inspect your bike to make sure all parts are secure and working prop-

- Wear a properly fitted bicycle hel-
- Remember not all bikes fits all. Adjust your bicycle to fit. There should be one to two inches between you and the top bar (road bike) and three to four inches (mountain bike).
- See and be seen. Whether day or night, you need to be seen by others. Wear neon or any other bright color and wear something that reflects light.

For driver safety, follow these tips:

- Look before you open your door. Don't rely on your rearview mirrors – turn your head to look.
- Make sure there is at least four feet between you and the bicyclists.
- Lay off the horn, unless they are in immediate danger. Cars are loud; cyclists can hear you coming.

As a bike enthusiast, knowledge of bicycle safety is crucial. My bike accident - from Page 1B

would have been categorized as a "neighborhood bicycle accident" back in late 1990s. I was a school-aged girl who pretended my bicycle was a horse. My "horse" galloped, in which I fell off my bicycle. My bike fell on my chest and my body went into shock. My respiratory airways closed, and I could not breathe. My father was nearby, and he performed cardiopulmonary resuscitation otherwise known as CPR.

Bicycle accidents can happen anytime, anywhere for whatever reason. These safety tips are available so that a cyclist is that much aware and that much safer.

On that note, McCormick offers one final tip of reaction time for drivers and cyclists for the Stewart-Hunter community.

"Try to ride on streets with low speed limits," McCormick said. "The slower a car is going, the more time the driver has to see you and to react to you."

For more information, visit www. nhtsa.dot.gov.

Army Community Services

ACS July-September calendar of classes

The new calendar of classes is now available online, including online registration. Also, check out the ACS Newsletter for great articles, tips and upcoming events! Simply go to the ACS Web page on the Team Stewart Web site located at www.stewart.army.mil/DMWR/ acs. For more information, call 912-767-5058.

Free classes offered at Stewart

Thursdays, 10-11:30 a.m.: Play Mornings (Bryan Village Youth Center)

Thursdays, 1-2 p.m.: Newcomer's Windshield Bus Tour (Soldier Service Center, building 253)

Monday, 9-10 a.m.: Commander/Senior Leader Briefing (ACS, building 82)

Tuesday, 9-11 a.m.: Before Baby Arrives (ACS, building 82)

Tuesday, 1-3 p.m.: The Five Love Languages (ACS, building 82)

Tuesday, 1-3 p.m.: Living on a Plan-How to Create a Budget that Works (ACS, building 82)

Tuesday, 2-4 p.m.: Infant Care (ACS, building 82)

July 18 (1-4:30 a.m.) or July 19 (8:30 a.m.-12:30 p.m.): Resiliency Training for Family Members & DA Civilians-Building Mental Toughness, Module 2, Unit 1 (ACS, building 87)

July 20, 9-10:30 a.m.: Alaska Overseas Briefing (ACS,

July 20, 9-11 a.m.: Fly Families Class (ACS, building

July 20, 11:30 a.m.-1 p.m.: Foreign-Born Spouses & Hearts Apart Support Group (ACS, building 86)

July 21, 9-11 a.m.: 10 Tools for Your Parenting Toolbox-Multiple Ways to Parent (ACS, building 82)

July 21, 9-11:30 a.m.: Family Orientation (Soldier Service Center, building 253)

July 21, noon-2 p.m.: Scream Free Parenting (ACS, building 82)

July 22, 9 a.m.-noon.: Risk Management for Junior Leaders (ACS, building 82)

July 22, 1-3 p.m.: Interviewing Workshop (ACS, building 87)

Free classes offered at Hunter

Tuesdays, 10-11:30 a.m.: Play Morning (CYSS Youth Services, building 8805)

Monday, 9-11 a.m.: Fly Families (ACS, building 1286)

Monday, 9-11 a.m.: Fly Families Class (ACS, building

1286)

Monday, 9 a.m.-noon: Resiliency Training for Family Members & DA Civilians-Building Mental Toughness, Module 2, Unit 1 (ACS, building 1286)

Monday, 11 a.m.-1 p.m.: Foreign-Born Spouses Support Group (ACS, building 1286)

Tuesday, 9-11 a.m.: 4 Steps to a Better Job (ACS, building 1286)

Tuesday, 9-11 a.m.: 10 Tools for Your Parenting Toolbox-Multiple Ways to Parent (ACS, building 1286)

July 19-21, 9 a.m.-2:30 p.m.: Army Family Team Building Level III (ACS, building 1286)

July 20, 9-11 a.m.: Before Baby Arrives (ACS, building 1286)

July 20, 1-2 p.m.: Alaska Overseas Briefing (ACS, building 1286)

July 20, 2-4 p.m.: Infant Cares (ACS, building

July 20, 2:30-3:30 p.m.: Hawaii Overseas Briefing (ACS, building 1286)

July 21, 9-11 a.m.: Interviewing Workshop (ACS, building 1286)

July 21, 9-11 a.m.: Scream Free Parenting (ACS, building 1286)

July 21, 9-11 a.m.: Trapped by Debt? Downsize in 6 Steps (ACS, building 1286)

July 21, 9 a.m.-2 p.m.: Check Yourself Before You Wreck Yourself/Key to Managing Stress (ACS, building 1286)

July 21, 9:30-11 a.m.: Newcomer's Windshield Bus Tour (ACS, building 1286)

July 21, 1-3 p.m.: Introduction to Family Readiness Groups (ACS, building 1286)

ACS celebrates 46 years

ACS has been helping Soldiers and their Families in many ways for 46 years. Whether participants need help with their finances, have questions about moving issues, need advice about relationships, have parenting concerns, need assistance finding a job, have questions about volunteer opportunities, or just need to talk to someone about difficulties during deployment or life in the Army, ACS has been and will continue to be there to serve the community. In celebration of 46 years, ACS will have a table at the Stewart and Hunter PX stores from 11 a.m.-noon July 25. Stop by for some birthday cake! For more information, call (Stewart) 912-767-5058 or (Hunter) 912-315-6816.

Volunteer Spotlight

Name: Cynthia C. Wooten Activity/Unit **Volunteering for:** American Red Cross

Hometown: Freeman, N.C.

Volunteer Title:

Service to

Armed Forces

case worker

am needed."

Why do you volunteer? "As a former Dog Face Soldier, and now a retired/disabled 20-year Army veteran, I believe in my heart that by doing SAF casework I am helping Soldiers and their Families directly and indirectly. I have missed being in direct contact with Soldiers on a daily basis. It is my intent to continue to volunteer in sup-

port of our armed forces, for as long as I



(V)ilitary Teen love + teen abuse = leen Talk scary, scarred relationship



Erica Comer Hired! Apprentice

One in three teens reported knowing a friend who had been hit, punched,

kicked, slapped or choked by their significant other. Then, when we take a closer look, we notice that one in five girls admit they've been in a relationship in which their boyfriend had threatened physical abuse if she broke up with him. The tragic part of this image is that this is no longer a thought process because according to New York University Child Study Center, this has already taken place.

As I look up the definition of relationship, I notice it means a passionate affection for another person. Then I look at the word abuse and, in my mind, it's the complete opposite of love. But, just to be sure, I looked it up and found that abuse is to treat another person or thing in a harmful or offensive way. Ironically, 54 percent of high school students have had both hate and love in their relationship causing the start of domestic violence.

To understand how something that is based off of emotion could be wrong for you, there must be an understanding of how things should be. The four important factors to a healthy relationship are communication, sharing, respect and trust, according to the Center for Young Women's Health. A

relationship is a connection or association with another person; this could not take place if one of the partners doesn't feel understood, heard or as if no one cares about them. In a relationship, if someone is adamant about their views or how they feel, then the other partner has a better understanding and it may either bring them closer together or to an understanding that they have nothing in common. In most cases, the people in relationships are raging out of control and are not talking in a calm manner which can be intimidating. In my opinion, without trust, there is nothing. Trust is the belief of unnecessary anxiety about the other partner's commitment.

Things do go wrong because, for some teens, it can get complicated with maintaining the four important values in a relationship. Most teens don't understand how their relationship can lead to domestic violence; not knowing the signs of trouble can be very detrimental to the progress of any relationship. Some warning signs to watch for noted from SafeSpace.org are: partner behaves in a jealous/possessive way, name calling/demanding comments. Abused teens gives up things that are important such as time with friends and Family, activities or other interest. There is a thin line between love and abuse. understanding and correcting the difference is key to a successful and and healthy relationship.